

Eco-Sense



The Allergy and Environmental Health
Association of Canada
Association allergies, santé et
environnement du Canada
Ottawa Branch



\$2.95

Winter/Spring 1997-1998

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Deadline for next edition: **May 31**

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Many thanks to those who have made donations to the AEHA:

Ms. Patricia Rothschild

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ISSN 11-7788 Reprinting of original articles is permitted with appropriate acknowledgement

Eco-Sense

(613) 860-AEHA

President's Corner

A Bit of History

Do people know that the Thomson committee, appointed by Tory Health Minister Keith Norton in 1984, was at first called the "Scientific and Technical Committee on Environmental Sensitivities"? Note the emphasis on science as savior, when it was a matter of emphasizing the empty half of the science cup as a means of hiding attitude problems. Publicly funded science since, in Canada, has referred to a single disease, and has therefore produced inconclusive results.

We approached Health Minister Norton about abuse. Instead of stopping abuse, he appointed the Thomson Committee. Many people with sensitivities felt Mr. Norton's failure to recognize our concerns as citizens as well as those we had as patients, was a devastating blow to the human rights of people with sensitivities. We had heard the promise of saving us through science, then seen the science set up in a way that hid the truth, every five or ten years, for decades.

Now, thirteen years later, people with sensitivities are not familiar with the supportive findings and recommendations of the Thomson Report. There were clear recommendations acknowledging our main concerns. Thomson and the blue ribbon panel said that the Ministry's position, which was contributing to damages and deaths, was "clearly untenable". We didn't expect the officials involved to continue the damaging actions based on this position after Thomson produced his report!

Poorly designed science, sometimes known in the design stage to be poor, is contracted by government. Poor science, presented as having aims that are known to be impossible, predictably produces inconclusive results. Poor science has helped hide what officials have done and are doing to the group. All the while it appears to people who have only a superficial understanding of the issues and arguments, as if these abusers are actually trying their hardest to help us! Even neophyte activists are seduced, because they don't know our history.

The existence of a subgroup of people with MCS, generally seen in officialdom as a relatively new set of disorders resulting from environmental degradation, hides longstanding concerns about how the Ministry itself has encouraged and continues to

encourage the physical and emotional abuse of people who have forms of multiple sensitivity that have always been with us, that are written about in the literature for centuries. The innocent consideration of the legitimacy of a supposed new illness is being used to cover up negligence in connection with long-recognized concerns. Medical regulatory bodies, some provincial health ministries, and the federal health department are quite happy to eclipse the issues relating to damages caused by the failure to implement recommendations to protect people with longer-recognized forms of sensitivities.

Protective agencies, such as the Ontario Chief Coroner's office, the Ontario Human Rights Commission, the Office for Disability Issues, etc., are ignoring extreme civil violations against this group. In fact, it is because some consumers are willing to re-frame the issues to be other than those about horrific abuse, irresponsibility, and deceit, that the real problems, the ones they dismiss in the interests of forwarding their own concerns, are not dealt with.

After our Branch AGM, I will be moving away from a direct role in day-to-day activities in AEHA to return to my primary focus of prevention, of stopping ongoing abuse in the medical community and the broader society. AEHA is helpful for people who have already been diagnosed, who have made a choice to be primarily more concerned about their own security and health than that of undiagnosed people in high risk groups. For me, it is this second group that is really in a pickle. We need to avoid doing things that actually hurt them while we forward our own interests as people with special needs. Our community still needs to learn how to discuss how our own demands and how compromises affect others.

It is a continuing tragedy that the professional and scientific community associated with our concerns is full of people who know what is going on, but who are playing it the way that protects their personal security, rather than acting directly on civil responsibilities to stop the abuse, to prevent preventable harm.

While they claim to recognize sensitivities, authorities in Health Canada and the Ontario Ministry of Health, in some other provincial ministries, and in some medical organizations, are still not being forthright. They are putting forward conceptualizations that they know are incomplete and misleading, that they know will result in unnecessary

--cont. on page 4

Tea, coffee, and spring water will be available.

(613) 860-AEHA

Emu the Healthy Alternative--Inside and Out

The Emu, Australia's national bird, is being raised all across North America—Canadians are raising some of the best. For the consumer, there is the meat (the lean red meat), the oil (a natural anti-inflammatory), the hide (a beautiful leather), the feathers (the only bird in the world that has two feathers from each quill) and the egg (beautiful dark green oval egg). Farmers appreciate the fact that virtually every part of the emu is useful.

Emu meat is gaining a reputation as a healthy gourmet delicacy. It's high in protein and extremely low in fat (1.9 grams of fat per 100 grams serving) and calories. It is a red meat that tastes similar to good quality beef. These birds are generally raised without steroids, hormones and antibiotics—good news for the concerned consumer. Because the species was domesticated relatively recently, the birds do not suffer from inbreeding and genetic tinkering that has adversely affected so many farm animals. To maintain quality, emu breeders are taking care to ensure the genetic purity.

Currently, most meat sales are directly from producers, but some supermarkets in various parts of the country are offering emu burgers and other cuts. Recipes are available but quick cooking is recommended to retain moisture and tenderness in this low fat meat.

Emu oil started as a traditional Australian aboriginal remedy for muscle, joint pain and general overall healer. They let the sun render the fat into liquid form and carried the oil in a pouch for use throughout the day. We have heard that there are no reported incidents of skin cancer among the aboriginal people of Australia. In March of 1996, it was found that emu oil has a natural anti-cancer compound. Modern processing is carefully controlled to produce the highest quality of oil for consumer use. It is even produced in gel cap form for internal use. For some people, it is a virtual first aid kit in a bottle.

Applied topically, people report success with skin conditions and pain and swelling from injuries and arthritis. Wounds, eczema, insect bites, aching and stiff joints, reduction of recent scar tissue and burns are just some of the conditions that the oil relieves.

A combination of unique qualities gives emu oil its amazing effectiveness. Its composition and

molecular structure let it penetrate the skin rather than staying on the surface. The oil is non-irritating and does not clog the pores, plus it resists the growth of bacteria. Particularly interesting is the fact that it contains a variety of essential fatty acids (EFAs), including linoleic and linolenic acids. These EFAs are used by the body to manufacture the all-important hormones that regulate many body processes, which could be the underlying reason for emu oil's healing qualities.

Leigh Hopkins, a biochemist, pharmacist and retired professor at Philadelphia College of Pharmacy and Science, states that emu oil delivers the necessary components so the body can respond appropriately. Most moisturizers do not deliver the essential fats, but emu oil addresses the underlying problem. Dry skin is a classical sign of fatty acid deficiency and

—cont. on page 8

In Memoriam

Our condolences to Carolyn McCoy upon the recent death of her father. Carolyn is a long-time member of AEHA Ottawa.

Obituary—Donna Powell

Those who knew Donna Powell through her role as a volunteer with the AEHA, both provincially and nationally, will be saddened to learn of her untimely death on Feb 5, 1998. Donna passed away in her home in Waterdown; the service was held on Feb. 9 1998. She is survived by her mother and her sister.

Donna's profession was as a nurse. However, she generously gave of her time to AEHA. The last position she held was the volunteer "Operations Manager" for the National Board. This meant her duties spanned from AEHA National Secretary to working on the *Quarterly* (the former name of the AEHA National magazine), as well as doing the national membership. She has been missed in the last few years since her retirement from the National Board and is more sorely missed now. Her compassion and generosity of spirit are remembered by many. <>

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Acupuncture and Ulcerative Colitis

Ulcerative colitis is a chronic, episodic, inflammatory disease of the large intestine and rectum, characterized by profuse watery diarrhea containing varying amounts of blood, mucus and pus owing to the damage of the mucosa. Fear of eating and the loss of protein from the colon, result in weight loss and low blood protein. Chronic complications include anemia, nutritional deficiencies, growth retardation, anorectal disease, and stricture. People with severe disease may develop toxic megacolon that may lead to the perforation of the bowel. The disease also carries an increased risk of developing cancer of the colon.

Diagnosis:

Culture analysis of the stool specimens may be needed to exclude bacterial dysentery and parasitic infections. Sigmoidoscopy, colonoscopy, or occasionally barium enema are employed to determine the extent of the disease and to exclude the possibilities of other diseases, like Crohn's disease, verticulitis, and cancers.

Etiology:

The real causes for the disease are still a puzzle. Factors that may increase the risk of ulcerative colitis include heredity, dietary, certain types of infections and stress. It seems that there is something in the gut lumen that triggers the immune system in the patients with the disease. This may activate the white blood cells (lymphocytes and polymorphs) in the mucosa, release the chemical mediators (prostaglandins and leucotrienes) and damage the cells.

Chronic colitis can be divided into two types by traditional Chinese medicine. One is deficiency of the spleen. Acupuncture and moxibustion are employed to nourish qi, strengthen the spleen, and harmonize the stomach and eliminate dampness. The other is deficiency of the kidney. Acupuncture and moxibustion are used to warm the kidney and arrest the diarrhea.

The possible mechanisms for the acupuncture and moxibustion:

1. The channels and collaterals have the function of connecting the zang-fu organs and the limbs. Each channel and collateral has its own specific course and specific zang and fu organs. Kneading and fuming certain acupoints with moxa smoke to transport the qi, restore and

regulate the functions of zang-fu organs, qi and blood of the body will be helpful for the chronic colitis.

2. The channels and collaterals are associated with the regulatory function of the neuro-humoral system. The acupuncture and moxibustion may have a remarkable effect on the pituitary gland-adrenal cortex system, the sympathetic nerve-adrenal medullary system, pituitary gland-thyroid gland system, the sexual gland, and the posterior pituitary system. Needing and fuming certain acupoints may release some neural mediums through the neuro-humoral system, which may help the cure of the colitis.
3. The channels and collaterals may have the specific functional association with the areas of the cerebral cortex. Kneading and fuming certain points may activate the corresponding excitation spots in the cerebral cortex. The excitation of the spots may transmit to the corresponding areas of the body along the certain courses.

Patients with chronic colitis were treated in my clinic in China and achieved a very good improvement by using acupuncture and moxibustion. The improvements include: normal stool without diarrhea; weight increase; normal blood protein; energetic feeling; and cure of the colon ulcer screened by colonoscopy or barium enema. I sincerely hope that acupuncture can be used to treat the patients with chronic colitis in Canada under the supervision of the physicians.

Shi Ji-Ling

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Book Review

Sauna Detoxification Therapy: A Guide for Chemically Sensitive

by Marilyn McVicker; McFarland & Co., 1997

This new book will tell you everything you wanted to know about sauna detoxification and where to get complete, down-to-earth information on it.

Printed on chlorine-free paper, using soy-based ink, the material in the 163 page book is well-organized. It has an overview section and a detailed chapter on practical aspects of home sauna units. There are four pages (only) of personal stories--positive and negative. It is well-indexed and provides lists of detox centers and sauna manufacturers and distributors.

The author has been researching safe therapeutic modalities to alleviate the symptoms of MCS since 1973 and has been taking saunas regularly for the last six years, which led to an improvement of her health. However, she warns not to undertake it without medical guidance.

The book is easy to read and provides a lot of practical hints on initiating a journey of sauna detoxification.

Tatiana Schneider ◇

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Ottawa Branch
Allergy and Environmental Health Association

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Dr. Jennifer Armstrong, has recently returned to Ottawa and established a practice in environmental medicine. Come to the AGM and hear her explain varied treatment methods she uses in her practice. Family and friends are welcome at this scent-free event.

Emu--cont.

Hopkins believes EFAs are the key to emu oil's results. Trauma, such as wounds, burns and even arthritis, may increase the need for EFAs, a need that is met when emu oil is applied.

At this stage, there is a lot of experimental data but not much clinical research has been conducted into emu oil. In Canada, an estimated 1,000 farmers are raising approximately 100,000 birds and activities are underway in various areas to build stronger meat processing and marketing infrastructure for the industry.

Search your local health food store, farmer's market and local producer to learn where you can obtain more information and product.

Diana Snider, Longwood Emu Farm

Melbourne, Ontario <>

Barrhaven Environmental Units Re-visited

Five years ago the first tenants moved into a unique, multi-unit building in Nepean, Ontario, designed to help people suffering from environmental illnesses. The Environmental Units (ES Units) are part of the Barrhaven Non-Profit Housing Inc. complex. The seven units, a mix of one, two and three bedroom dwellings, were experimental in nature—the first attempt anywhere to develop clean air accommodation for EI sufferers in a multiple-unit format.

Numerous factors made this venture more challenging: the urban setting; a limited budget, consistent with social housing; and a lack of examples and precedents to guide everyone involved in the development. On the other hand, there was an urgent need for this type of housing, lots of enthusiasm and creative ideas, and excellent support and encouragement from Barrhaven United Church (sponsors for this housing community), the Ontario Ministry of Housing, and Canada Mortgage and Housing Corporation (particularly Virginia Salares who provided extensive advice concerning many design elements including material selection). The Fall 1993 edition of *Eco-Sense* provides background information on the ES Units.

On balance, the results have been a qualified success. The architects won a prestigious award for their ground-breaking design in the field of environmental housing and the majority of the tenants indicate that the units have helped them cope with their condition. At the same time, it is clear from the lessons learned over the past five years that some of the design and construction tradeoffs made to stay within the project's tight budget were less than ideal.

In particular, for those that are familiar with the somewhat drab original appearance of the concrete block walls and exposed metal ventilation ducts of these units, it is evident that there was much emphasis on eliminating dead air spaces and opportunities for mould growth, but little on making the environment inviting and livable.

Even the extensive use of basswood, chosen because it is known to emit relatively small amounts of aromatic terpenes, turned out to be a mixed blessing—providing some warmth to contrast with the bleak, cold appearance of gray, concrete block structural walls and polished concrete floors—but

producing noticeable or irritating levels of aromatic terpenes, and providing a surface that marks easily and is difficult to restore. Some visitors even detected bothersome odours from the concrete blocks that had been specially formulated without additives or adhesives for the ES units. In both cases, these problems could be traced to inadequate sealing during the construction phase.

BNPHI's proposal to seal the concrete blocks and brighten up the units by painting the concrete walls was unanimously well-received by the tenants. Given our continuing financial limitations, volunteers have undertaken to do the work and, so far, two units have been upgraded. The concrete blocks have been painted using Glidden's zero VOC Lifemaster 2000 products with a white sealer coat covered by off-white eggshell finish everywhere except the kitchen and bathroom where more durable semi-gloss white was used. The concrete ceilings in the ES units had originally been painted with the same product and no tenants reported any difficulty in tolerating the paint when dry. The results are dramatic—a brighter, more cheerful environment without any concrete odours.

As for the basswood, it has been sealed with AFM (American Formulating and Manufacturing) Safecoat Safe Seal after thorough cleaning. Initial indications are that this has also resulted in a definite improvement. A more cost-effective and maintainable alternative to the extensive use of basswood may well have been construction of conventional stud walls covered by gyproc that had been adequately sealed on both sides.

And last, but not least, another lesson learned is that there is more demand for one bedroom units than for any others. A two or three-bedroom unit may be available for rent in the near future. If you are interested in applying, or to obtain more information, please contact the BNPHI property manager at (613) 823-6230 or write to Barrhaven Non-Profit Housing Inc., 3001 Jockvale Road, Nepean, Ontario K2J 4E4.

Ken & Estelle Drolet <>

Seed Sources



With the ice storm in January and the mild weather in February, I find myself dreaming about planting seeds, eating fresh carrots, and doing landscaping. As well, with the US government proposed changes to "what is organic" and the increased numbers of genetically engineered foods, there's even more incentive to plant something that we can eat.

This year's catalogues are bigger and more tempting, with lots of pictures. Many seed companies have added email addresses this year to help you with your selecting and ordering.

Note: Not all the addresses and catalogue prices were verified but most are assumed to be somewhat reliable!

Aimers: 81 Temperance St., Aurora, ON, L4G 2R1. 905 841-6226, 905 727-SEED fax. Botanical catalogue \$4; wildflower catalogue \$2. Offering a range of flowers with more than 1,800 varieties, plus a limited selection of vegetable and herb seeds. A variety of heritage sweet peas is new this year.

Alberta Nurseries & Seeds Ltd: Box 20, Bowden, Alberta, T0M 0K0. 403 224-3545, 403 224-2455 fax. Vegetable and flower seeds, shrubs and fruit trees for the short season, cold climate garden.

Ken Allan: 536 MacDonnell St., Kingston, ON, K7K 4W7. Free with SASE. Small listing, but a source of unusual items such as sweet potatoes for our climate, heritage tall peas and black popcorn.

Becker's Seed Potatoes: RR1, Trout Creek, ON, P0H 2L0. 705 724-2305, 705 724-1392 fax. A small, family-run seed potato farm with a great listing of certified seed potatoes, including heirlooms, for the home gardener.

William Dam Seeds: P.O. Box 8400, Dundas, ON, L9H 6M1. 905 628-6641, 905 627-1729 fax, willdam@sympatico.ca. Known for its untreated

seeds, they offer a good selection of vegetables, herbs, and flowers. Also have small quantities of cover crop or potato seed.

Happy Herbs: RR2, Uxbridge, ON, L9P 1R2, 705 228-1024 fax. Catalogue \$3 refundable with order. Hand-picked medicinal and culinary herb, tree and wildflower seeds from the local area.

Howard Dill: RR 1, Windsor, NS, B0N 2T0. 902 798-2728, 902 798-0842 fax. Howard is renowned for his world record pumpkins (365 KG). Squash and small pumpkin seed also available.

Dominion Seed House: Box 2500, Georgetown, ON, L7G 5L6. 905 873-3037, 800 282-5746 fax. Free catalogue. A good source of new and old flower and vegetable favourites.

Fish Like Garlic Man: RR 2, Demorestville, ON, K0K 1W0, 613 476-8030. Catalogue \$3. Choose from over 20 varieties of garlic.

Gardens North: 5984 Third Line Road North, RR3, North Gower, ON, K0A 2T0. 613 489-0065, 613 489-1208 fax. Catalogue \$4. Specializes in hardy perennials with tree and shrub seed from the F.L. Skinner Arboretum in Manitoba.

Johnny's Selected Seeds: 310 Foss Hill Road, Albion, ME, 04910-9731. 207 437-4301, 207 437-2165 fax. My personal favorite for untreated vegetable and heirloom seed for northern conditions. Also herbs and flowers and very helpful staff.

Karmic Exotic Nursery: Box 146, Shelbourne, ON, L0N 1S0. Catalogue \$2. A great source of interesting alpine, especially for rock gardeners.

Mapple Farm: RR 1, Hillsborough, NB, E0A 1X0. Free catalogue with SASE. Certified organic seeds and sweet potato slips.

McFayden Seed Co. Ltd: 30-9th Street, Suite 200, Brandon, MB, R7A 6N4. 800 205-7111, 204 725-1888 fax. A colourful catalogue of standard vegetables, flowers, bulbs, hardy roses, fruits, perennial plants, and seed potatoes.

New Meadows Wildflower Seeds: 38 Katherine Crescent, Kitchener, ON, N2M 2K1. Catalogue \$2. Native wildflower seeds for woodland, wetland and

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Seed Sources--cont.

prairie habitats.

Ontario Seed Company: P.O. Box 7, 330 Phillip Street, Waterloo, ON, N2J 3Z6. 519 886-0557, 519 886-0605 fax. Free catalogue. Mostly untreated vegetable, flower, and herb seeds. Heritage varieties are available.

Prairie Grown Garden Seeds: Box 118, Cochin, SK, S0M 0L0. 306 386-2737. Organically-grown seeds for short-season gardens.

Richters: 357 Highway 47, Goodwood ON, L0C 1A0. 905 640-6677, 905 640-6641 fax, catalogue@richters.com. Free catalogue. Known for its wonderful selection of over 700 herbs. Now offers a selection of organic plant foods, insect controls, and books.

Stokes Seeds: 39 James Street, Box 10, St. Catharines, ON, L2R 6R6. 905 688-4300, 905 684-8411 fax, stokes@stokeseeds.com. Free catalogue. The old stand-by for Canadian gardeners, featuring a huge selection of vegetables and flowers with excellent growing information.

Seeds of Diversity Canada: Box 36, Station Q, Toronto, ON M4T 2C7. (905) 623-0353. Membership \$25. Formerly the Heritage Seed Program, SOD members receive the newsletter covering heirloom varieties, annual seed listings and access to open-pollinated seeds. Watch for the spring seed exchange in Ottawa.

Vesey's Seeds Ltd: York, PE, C0A 1P0, 800 363-7333, 800 686-0329 fax, veseys@veseys.com. Free catalogue. A very established company providing untreated vegetable, flower and herb seeds for shorter seasons.<>

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How to Shop to Avoid Genetically Engineered Foods

The list was put together for North America, so you would have to check products for other countries to see if it is valid.

These companies use genetically engineered ingredients in some or all of their products:

Coca Cola (corn syrup and/or Aspartame), Fritos (corn), Green Giant Harvest Burgers (soy), McDonald's French Fries (potatoes), Nestle's chocolates (soy), Karo Corn Syrup (corn), NutraSweet (Aspartame), Kraft Salad Dressings (canola oil), Fleishmann's margarine (soy), Similac Infant Formula (soy), Land o' Lakes butter (rBGH), Cabot Creamery Butter (rBGH).

Avoid all other conventional (not certified-organic) tomatoes, potatoes, corn, soy, canola oil, cotton seed oil, and yellow crook-neck squash.

Tomatoes: Genetically engineered with bacteria-derived kanamycin resistance genes, Antisense backwards DNA, antibiotic marker genes, viruses, and DNA of flounder and North Atlantic shellfish. This and the following genetically engineered foods have antibiotic marker genes used to facilitate the genetic engineering process. They can cause allergies and autoimmune disease.

Potatoes: Genetically engineered with wax moth insect DNA; genetically engineered to produce its own pesticide internally with the DNA of bacillus thuringiensis bacteria.

Corn: Genetically engineered to tolerate high quantities of the chemical pesticide glufosinate, and genetically engineered with a virus and the DNA of the bacteria bacillus thuringiensis.

Soy: Genetically engineered and DNA-altered by Monsanto with bacteria; capable of tolerating heavy doses of Monsanto's Roundup brand chemical pesticide (glyphosate).

Yellow crook-neck squash: Gene-spliced with two experimental viruses and arbitrary marker genes, capable of causing unpredictable and unexpected effects.

Canola oil: Genetically engineered and DNA-altered with California bay turnip and various viruses and bacterium in order to produce high quantities of lauric acid.

Cottonseed oil: Genetically engineered and DNA-altered with Arabidopsis bacterium, and viruses to be able to withstand large applications of the chemical pesticide bromoxynil. Bromoxynil causes birth defects in human beings.

Papaya: Some have been genetically engineered.

Avoid all products derived from the above non-organic items. As of the beginning of 1997, these products will have been genetically engineered and on the market as a percentage of the total conventional food supply. Since they are sold unlabeled in the conventional market, there is no way to tell specifically which tomatoes, potatoes, corn, soy, etc. have been actually genetically engineered. If you live in a nation which may receive imports from the U.S. and Canada, you should also avoid these non-organic foods as a safety precaution. Your own nation or another exporting to yours may be doing genetic engineering. Eat only organic food if possible. Even if you buy seeds to grow your own food, buy only organic seeds.

Avoid eating in non-organic restaurants.

Unless the restaurant management makes it clear in writing that they are committed to using only non-genetically engineered foods and products, avoid eating out as much as possible. Since genetically engineered foods are not labeled, they also have no idea which of their tomato, potato, corn, soy, canola, yellow crook-neck squash products may be genetically engineered.

Read labels carefully. Be careful with all processed foods. Watch out for conventional, non-organic corn and soy, because they are in so many products.

Avoid corn syrup, fructose, and fructose corn syrup in almost all beverages and sodas (even health food brands), and in almost all sweet products, yogurt, and aspirin. Avoid corn oil, corn starch, corn meal, baking soda, baking powder, glycosyl syrup. Avoid

--cont. on page 13

How to Shop--cont.

soy; soy flour in baked goods; pizza, cookies, cakes, pasta; fillers in meat products, (for example Big Macs) vegetarian meat substitutes, (for example tofu, tofu burgers, tofu hot dogs) soy milk, infant formula, baby foods; diet and protein shakes, protein bars; chocolate and candy bars; margarine; ice cream; pet food; soy oil in salad dressings & snack chips; soy sauce; lecithin and soy lecithin. In all, well over 30,000 products!

Avoid rBGH milk & dairy products.

(apologies to strict vegans). Monsanto's genetically engineered bovine growth hormone (rBGH), marketed through veterinarians and injected into dairy cows, causes increased milk production and horrible mastitis. These cows then require constant medical supervision and continuous high doses of antibiotics. Their milk contains high levels of pus. The cow's milk and dairy products made from this milk also contain rBGH, bovine growth hormone. This hormone increases cancer risk in human beings.

Avoid aspartame. This is known as the artificial sweetener Equal or NutraSweet and is made up of three chemicals and a genetically engineered enzyme. It has been implicated in many diseases. It breaks down into formeldahyde in the body.

Eat only organic rennetless cheese.

(apologies to strict vegans). Most non-organic cheeses are made with a genetically engineered rennet called chymosin.

Avoid dough conditioner. This is a code word for a combination of genetically engineered enzymes and other components, found in cheaper breads and baked goods.

Other genetically engineered additives and enzymes. Avoid Amylase (used in making bread, flour, whole wheat flour, cereals, starch), Catalase (used in making soft drinks, egg whites, liquid whey) and Lactase.

Foods to Favor

Buy and eat only certified organic foods.

Certified organic tomatoes, potatoes, corn, soy, canola oil, cotton oil, and yellow crook-neck squash are safe. Many other genetically engineered products will be coming to market in 1997 and 1998 if the bio-tech industry has its way. By buying only organic foods of every type, you will protect yourself and your family from Frankenfoods. Almost

everything that can be found in your conventional food market is also produced by the organic food industry. If you buy a few carefully chosen conventional foods, keep up-to-date on which few conventional foods are safe through the websites and mailing lists at the end of this consumer report.

Meat and poultry (apologies to vegetarians) Most livestock are being fed genetically-altered feed, as well as a disgusting mix of ground-up and often diseased and discarded animal carcasses. The only safe beef and poultry will be those fed only organically grown grain. Avoid commercially produced seafood. Commercial pork has been genetically-altered with DNA from human beings. Great time to decide to be vegetarian.

Favor dairy products from companies that do not use (rBGH) bovine growth hormone

(apologies to strict vegans). Research and buy only from suppliers that promise on the package or in other writing that their products are rBGH-free. Be especially careful with butter. Buy only organic butter because even otherwise good companies buy cheap rBGH milk to make butter, or else they buy their butter (rBGH) from other companies.

Information originally compiled by Judy Kew and obtained from Richard Wolfson, PhD, Consumer Right to Know Campaign, for Mandatory Labelling and Long-term Testing of all Genetically Engineered Foods, 500 Wilbrod Street, Ottawa, ON Canada K1N 6N2, email: rwolfson@concentric.net

*The natural law website,
<http://www.natural-law.ca/genetic/geindex.html>
contains more information on genetic engineering.*

To receive regular news on genetic engineering and this campaign, please send an email message with 'subscribe GE' to rwolfson@concentric.net for details. To unsubscribe, send the message "unsubscribe". <>

Ottawa Branch AGM to Feature Dr. Jennifer Armstrong

Dr. Armstrong has graciously agreed to speak at our AGM on Thursday evening, April 16th, 1998 at McNabb Community Centre. Dr. Armstrong is an Associate member of the American Academy of Environmental Medicine. She set up her practice in Ottawa less than a year ago, following her own recovery from a disabling case of environmental sensitivities.

Dr. Armstrong graduated from Carleton in 1973, and received her M.D. from University of Toronto in 1977. After practicing for eight years in a small rural town in Texas, she started a family practice in Niagara Falls Canada, in a sealed building. Within 18 months, she became environmentally disabled. She returned to her medical practice in March 1997, following five years of alternative treatments including the help of AEHA's own Dr. MacLennan.

We are very fortunate to have the opportunity to hear Dr. Armstrong discuss the methods she uses in her practice to treat environmental sensitivities, including methods not previously offered in the Ottawa region. She describes her practice of environmental medicine as "scientific, the way I always thought medicine should be" and "much more detailed", but "less stressful" since "we have more to offer than ever before" and the "patient" is a "participant".

Dr. Armstrong has one of the most accessible offices for people disabled by environmental sensitivities of any doctor in Ottawa, in the upstairs of an old house on Holland Ave.

Please come to the AGM, benefit from this opportunity and welcome Dr. Armstrong to Ottawa. We look forward to her becoming an important part of our community. <>

Workplace Issues Group Report

On January 14, 1998, the members of the AEHA Ottawa Branch Workplace Issues Group met with three officers from the Canadian Human Rights Commission including:

Cathie Ventura, Policy Analyst, Policy and Liaison Branch, Sherri D. Helgason, Assistant Director, Complaints and Investigations, Anti-discrimination Branch and Judy Girard, Manager, Promotion Programs, Human Rights Promotion Branch.

We made a presentation to the CHRC detailing some of the accommodations that are helpful to people with environmental sensitivities, the problems posed by the existing air quality standards that are applied in office buildings, the kinds of discrimination and barriers to access faced by us, and the consequences of the discrimination and those barriers.

Our presentation was very well-received. Two of the officers were relatively familiar with this disability, and set the tone of the meeting. One of the CHRC

officers had had first-hand experience with air quality problems in a government building.

We suggested that an internal sensitization process take place within the CHRC, at all levels, including intake workers, support staff, members of the commission and policy officers.

We recommended that a government-wide education program should take place, targeting management in key senior positions. We also proposed a public awareness program. Further, we suggested that an informal conflict resolution process be made available to all E.S. employees in government departments, agencies and Crown corporations, in an effort to avoid the stress and the expense of the formal litigation process. It was also mentioned that it would be appropriate to educate members of the Commission, the Canadian Human Rights Tribunal and judges (at all levels) on E.S.

--cont. on page 15

Workplace Issues Group Report--cont.

Actions: Judy Girard indicated her interest in conducting a staff development information session for CHRC staff and intake workers, in conjunction with a presentation by members of the AEHA, Ottawa Branch, as did Cathie Ventura. Judy also advised that she was open to conducting an education program targeting management in specific government departments, agencies or Crown corporations. She mentioned that we could contact her with our suggestions in this regard.

Judy offered to involve us in revising CHRC's web-site to include E.S. in the *Practical Guide to Barrier-free Accommodation*. All of the CHRC officers indicated their interest in distributing an information package to their own staff and possibly to employers. Finally, each of the CHRC officers undertook to talk to their own supervisor concerning the possibility of both a government-wide sensitization process and a public awareness campaign.

Stay tuned!

Leslirae Rotor, Anne McCallum, Barb Leimsner, Debra Sine <>

New AEHA Rep in Toronto

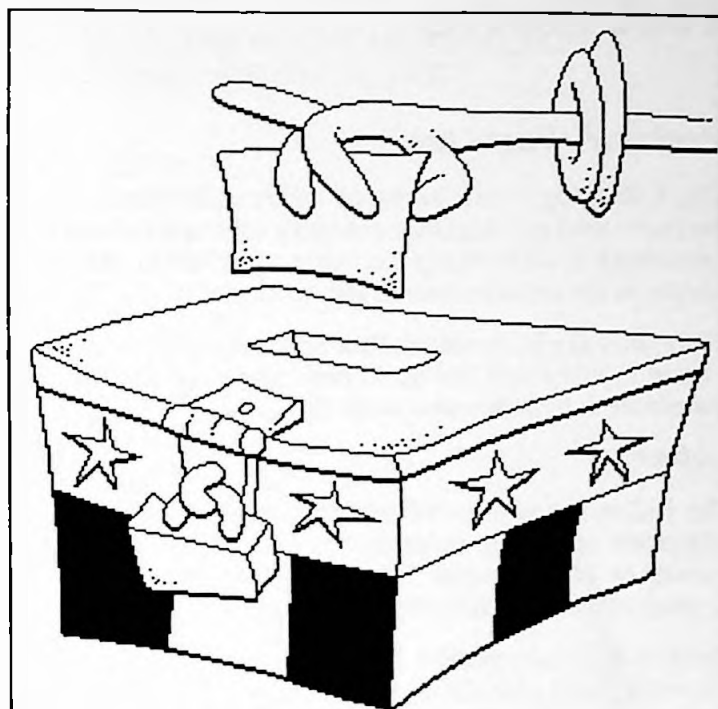
AEHA has a new representative in Toronto, as per a vote at the last meeting. Susan Beck is an Ottawa Branch member living in Toronto who will be working towards our goal of creating a presence there.

The purpose of this position is to have a local person in place to handle issues, problems, requests etc. that involve Toronto AEHA members, particularly those in the Ottawa Branch. This will be an evolving position, depending on the demands and opportunities arising as time goes on.

Please feel free to contact her with any ideas or requests at:

Susan Beck, sbeck@ionsys.com

416-439-5939 afternoons or evenings. <>



VOTE, VOTE, VOTE!!

It's soon the time of year to cast your ballot for the new executive of AEHA, Ottawa.

If you will not be able to attend the Ottawa Branch, Annual General Meeting, on April 16th, you can still have your vote count.

Complete the proxy form included with this *Eco-Sense*, authorizing someone you choose to vote on your behalf. Return one copy to AEHA, and give one to the person you've chosen to cast your vote at the meeting. <>

Dr. Jennifer Armstrong, speaker
Annual General Meeting
 Ottawa Branch
 Allergy and Environmental Health
 Association
 7:30 p.m., 16 April 1997
 at McNabb Community Centre
 180 Percy at Gladstone

Net News

Perfume--Part One

The following compilation of information about perfume was put together recently to assist industry personnel in addressing the issue of accommodating people with sensitivities in the workplace.

Web sites are in constant flux and subject to changes, I hope to keep this list up to date, improve on it and distribute it to those who need it.

Letter:

The following is a list of perfume related web addresses and some information I have prepared in answer to your request. Thank you for your interest in workplace accommodation and perfume issues.

Most of this information does not address the issue of the workplace specifically, however, any substance that contains chemicals that are toxic, allergenic or carcinogenic will affect the well-being of the environmentally sensitive, allergic and those who are not yet considered ill. The long term effect of exposures to environmental pollutants is deemed to put the general population at risk of developing sensitivities, allergies, cancer and or respiratory disease.

In addition many of the chemicals found in perfume, and other products containing fragrances are immune suppressants and a case can be made that this is a contributor to absenteeism due to illness.

The majority of the sites listed are within larger sites and deal specifically with perfume, scents, industry and regulations, and suggestions for safer products. There are a few, identified as general sites where searches on specific perfume chemicals, indicated in the other sites can be researched in more detail.

A second email follows with some comments by researchers and contacts with sites or information of interest (the sites are included here as noted).

<http://www.sciam.com/1998/0298issue/0298ott.html>

<http://www.eastman.com/cirbo/sdaform.shtml>

<http://www.execpc.com/~goodscent/misc/safety.html>

Making Sense of Scents - by Julia Kendall

&Twenty Most Common Chemicals in Thirty-one Fragrance Products (based on a 1991 EPA Study - by Julia Kendall, click on "Chemicals in Perfume at bottom of page)

<http://www.supernet.net/~jackibar/scents.html>

Regulation of the Fragrance Industry? - Compiled by Betty Bridges, RN.

<http://www.supernet.net/~jackibar/fda.html>

The Health Risks of Perfume (and Other Fragrances)

<http://www.supernet.net/~jackibar/perfume.html>

Air Fresheners (or "Air Poisoners"?)

<http://www.supernet.net/~jackibar/air.html>

No Perfume Means Healthier Air!

- Some toxic chemicals found in fragrances
- As Romantic as Hazardous Waste
- Not just Perfume Bottle
- Perfume Pollutes
- Scents and Illness
- How to protect yourself and those with MCS
- Some Safer Products
- For More Information

<http://www.supernet.net/~jackibar/noperfume.html>

Susan Beck, sbeck@ionsys.com

AEHA Toronto Rep

416-439-5939 (aft & evenings)

Part Two will appear in the next issue of Eco-Sense.<>

ALLERGY & ENVIRONMENTAL HEALTH ASSOCIATION (OTTAWA BRANCH)
Statement of Revenue & Expenditure for year ended Dec 31, 1997

REVENUE

Membership fees	\$2935.00
Donations	520.00
Workshops	330.00
Sales	317.90
Food sales	2419.23
Advertising	725.00
Exchange on \$25US	9.02
Bank interest	<u>8.24</u>

TOTAL REVENUE \$7264.39

EXPENSES. Program

Printing & photocopying	814.52
Books	127.63
Postage	1057.35
Meetings	336.18
Meat Expenses	<u>1165.18</u>
Total	3500.86

EXPENSES. Administrative

Office supplies	129.30
Telephone & fax	521.77
PO Box rental	69.55
Education Cmtee rebate to National	757.63
Returned cheque	50.00
Bank S/C's	20.40
Refund	<u>2.00</u>
Total	1550.65

Portion of memberships to National 525.00

TOTAL EXPENDITURE 5576.51

Balance Dec 31, 1996	\$3108.07
Revenue for 1997	<u>7264.39</u>
Total	10372.46
Expenditure for 1997	<u>5576.51</u>
Balance Dec 31, 1997	4795.95

Amount owed to National for memberships 1095.00

NET WORTH Dec 31, 1997 3700.95

Branch News

Organic Food

AEHA ORGANIC MEAT FREEZER UPDATE Organic Meat Freezer: 747-6841

Good quality wild moose and deer meat for sale!

MOOSE: \$2.50/lb hamburger/stew
\$3.50/lb medium cuts

DEER: \$3.50/lb hamburger
\$4.50/lb medium cuts

The moose is virtually indistinguishable from beef in taste and manner of cooking. We also have some deer left.

Please arrange with Johanne Bedard to pick up your order on a Saturday afternoon (twice a month). Her phone number is 747-6841. As her answering machine is old, please repeat your phone number twice (clearly).

TIME TO ORDER YOUR CHICKENS
Johanne will be taking orders for organic chickens between now and mid-April.

Please call Johanne at 747-6841.

Personal apology!! Johanne, I'm very sorry for my mistake in the last issue of Eco-Sense. I hope it hasn't caused a problem for you. Julie Levi

AEHA Membership and Mailing Address

AEHA Ottawa Branch
Nepean RPO Shopp/City West
Box 33023
Nepean, ON, K2C 3Y9

HOTLINE

(613) 860-AEHA

The number for current meeting and workshop information and messages. Be patient please--the hotline is staffed entirely by volunteers who have busy lives just like you do! <>

Classifieds

- *Overnight accommodation near Toronto.* Recommended by Barbara Small, the rooms are in a house owned by a chemically sensitive person on a wooded property of five acres north of Toronto.

For more information call Elaine at 905 841 7392.
- *Out-of-town AEHA member needs environmentally safe accommodation* for an overnight stay when visiting an Ottawa doctor and attending AEHA general meetings. Also will pay for overnight accommodation for a week in July/August while visiting elderly mother. Contact Karen, in Maple ON at (905) 832-4308 or Estelle at 825-4439.
- *Becky Mason has created a new web site* featuring her Classic Solo Canoe Courses and a sampling of her watercolour paintings. The address is <http://www.wilds.mb.ca/redcanoe>.
- *A family farm from Almonte can make natural body products* according to customer needs/limitations; e.g.: without any preservatives or scents. They use only food grade ingredients such as raw beeswax, olive or almond oil, vit. E, evening primrose, aloe vera, etc. They told me that their soaps are purest soaps on the market with the least sodium hydroxide or even without it if a customer prefers wood ashes instead. Some of their products available at the ARBOUR store, but for customized orders call directly to the farm 613 257 2771 and talk to Margaret Henry. Margaret also told me that they also have organic?(not certified) chicken, turkey, and beef. Tatiana.
- *Buyer Beware:* Crystal Aire should be tested before use. Although there are apparently no changes to the formulation, certain sensitive people have found the odour quite strong and difficult to handle. AFM Safecoat is suggested as an alternative.

Dates to Remember

Meetings

AEHA Ottawa meetings are held at the McNabb Community Centre, 180 Percy Street (1 block north of Gladstone and 1 block east of Bronson), in Ottawa, at 7:30 p.m.

Call 860-AEHA for the latest information on meetings or workshops.

MARCH

Emotional Support for Healing Chronic Illness; "Don't Let the Turkeys Get You Down"--March 19

Join Nancy Hamilton, Natural Health Consultant, founding director of the Institute for Natural Health Consultants and the Time to Heal Foundation in Montreal. She will address the often ignored emotional side of healing from chronic illness including environmental sensitivities. Find out what resources are available to provide emotional support.

No workshop in March.

APRIL

Annual General Meeting--April 16

Special guest Speaker: Dr. Jennifer Armstrong, Ottawa doctor of Environmental Medicine who trained under Dr. William Rea in Dallas, will speak about her treatment methods.

No workshop in April.

MAY

Your Rights to Accommodation in the Workplace--May 21

Speakers will address your legal right to accommodation and how to go about ensuring you get them.

No workshop in May.

Workshops

Registration: \$10 for members, \$15 for non-members. Make out your cheque to "AEHA Ottawa" and send to WORKSHOPS, Nepean RPO Shopp/City West, Box 33023, Nepean, ON, K2C 3Y9, at least one week before the event, or call (613) 860-AEHA, and a volunteer will call you back within a few days.

JUNE

Workshop on Physical Fitness--June 13 Sharon Jeffers, trainer

On Saturday afternoon June 13th at Vincent Massey Park, AEHA's personal physical trainer to the environmentally sensitive, Sharon Jeffers, will give a workshop on physical fitness for the environmentally sensitive person. Sharon is a certified physical trainer and a certified Aqua-Fitness instructor, as well as survivor of E.S. Please bring sunscreen that you tolerate and wear clothes appropriate for working out in. To register, send your name and cheque at least a week in advance -- \$10 (members) or \$15 (non-members) to AEHA Ottawa, Box 33023 Nepean, Ontario, K2C 3Y9

A representative will call those registered to give you a landmark in the Park at which to meet. In case of rain, the session will be held under cover.

For additional information, contact Sharon Jeffers at 613 253-0435. As she is difficult to get hold of, please try well in advance.

Potluck Supper--June 28

Please bring a dish of food to share (well-labelled,) a serving dish and utensil, your plate, glass and cutlery, and your appetite!

The Potluck will be at 4:30, Sunday June 28th at 6431 Glen Knolls Dr., Orleans.

For directions, please call and leave a message for Stephen at work at 520-2600 x3826

No meeting in June

Announcing...

Our New Name:

Ottawa Natural Clinic Pharmacy



Ottawa's Wellness Store

(formerly Ottawa Chemists Clinic Pharmacy)



The change in our name may be small but it is significant. The term "Chemists" in our old OTTAWA CHEMISTS CLINIC PHARMACY name did not mix well with the majority of the products and services we provide and hampered our all natural image. That confusion is eliminated by using our new name OTTAWA NATURAL CLINIC PHARMACY. After originally planning to drop the name Ottawa Chemists totally, we have reconsidered this decision and have changed our plans and now will use the name Ottawa Chemists as a department of Ottawa Natural Clinic Pharmacy to develop, store and sell hand made products and items that are not of the natural concept. We look forward to serving you soon.

Missison Statement

Our mission is to aid our customers and patients in achieving the best use of quality therapeutics, focusing on holistic strategies and highlighting the products and lifestyles to support these concepts.

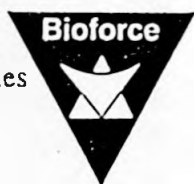
Our services include:

- | | |
|---|--|
| (1) Casual Therapeutic Consultation | (6) Complimentary Therapy Product Information |
| (2) Private Therapeutic Consultation | (7) Nutritional Assessment and Diet Plans (available soon) |
| (3) Blood Pressure Monitoring | (8) Drug Specific Nutrient Depletion Information |
| (4) Percent Body Fat Determination (available soon) | (9) Free Delivery Service (min. purchase \$15.00) |
| (5) Drug Information | (10) Bulk Discounts |

Our Products

We carry extensive lines of:

- * Vitamins
- * Minerals
- * Herbs
- * Herbal Supplements
- * Homeopathy and Bach Flower Remedies
- * Associated Books and Magazines
- * Whole Foods, Snacks and Drinks



- * Gluten Free Foods
- * Athletic Supplements
- * Cosmetics created without cruelty to animals

In our Ottawa Chemists Department we:

- * Compound hand made products
- * Fill extemporaneous prescriptions
- * Sell packaging supplies and a limited selection of chemicals and lab equipment



The Products, Low Price, Service and Advice!



Ottawa Natural Clinic Pharmacy

A Pharmacy Alternative Ltd.

Ottawa's Wellness Store. A Natural Pharmacy.

151 Slater St. (at O'Connor), Ottawa, Ontario K1P 5H3

tel: 235-3993 or 1-800-361-2039; fax: 235-7438

e-mail: OttawaNaturalPharmacy@aal.com



Offering Ottawa's largest selection of Gluten Free foods for Celiacs and customers with food allergies (DeRuMa and, El Peiu Products & more)